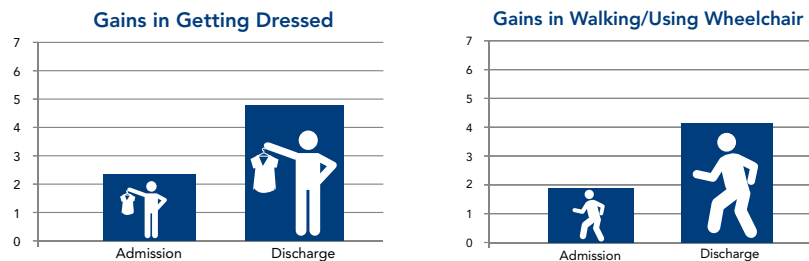


How effective is our Orthopaedic Program?

Gains are made by patients across all areas of functioning, such as eating, using the restroom, and bathing. For persons with an orthopaedic or general rehab condition, the biggest gains were in getting dressed, and walking/using a wheelchair.

Gains are measured with a standardized rehabilitation tool called the Functional Independence Measure (FIM™) on a scale of 1 (total assistance) to 7 (complete independence).



Program Highlights:

- Walking therapy using the robotic ZeroG Support System is available.
- Skin care is managed by specialized RN's.
- Assessment of need and modification to equipment is available.
- Aquatic therapy is available.
- Patients discharged to home receive a follow up phone call to assure a smooth transition to home.

What if I have more questions?

Talk to your doctor, nurse, therapist, or any other Team Member if you have a question, concern, comment, or complaint. Your MedStar NRH professional team is available to help you. You have a right to ask questions regarding your care!

For more information:

- Call the Patient Action Hotline at 202-877-1411
- Go to MedStarNRH.org

Admissions Office Contact Information:

Phone: 202-877-1152

Fax: 202-877-1821

Email: nrhadmissions@medstar.net

Visiting Hours: 9 a.m. - 9 p.m. daily



MedStar National
Rehabilitation Network

Welcome to the MedStar NRH Orthopaedic Rehabilitation Program



Robert Bunning, MD Medical Director, Orthopaedic Rehabilitation Program

Howard Gilmer, DO Medical Director, Amputee Program

Orthopaedic Program Snapshot

The Orthopaedic Program at the MedStar National Rehabilitation Hospital (MNRH) provides comprehensive inpatient rehabilitation that begins when the patient is transferred from a referring hospital or facility. The program specializes in enhancing recovery after many common orthopedic injuries and/or procedures.

Recovery from injuries such as a hip fracture, trauma following an accident or fall, or procedures such as joint replacements can be very difficult and can have serious medical risks. Our medical staff has extensive experience in the management of our interdisciplinary rehabilitation program.

An interdisciplinary assessment is the first step and is conducted during the first few days of the patient's stay. Focused treatment is provided by an interdisciplinary team that includes medical, diagnostic and nursing care, and a variety of therapies. Together a plan of care is determined, and updated throughout the patient's stay.

Our ultimate goal is a successful discharge to home with appropriate follow-up care. The discharge plan begins at admission and includes a review of resources, caregiver availability, adjustment concerns, equipment needs and availability of services. The

discharge plan is discussed with the patient and family and is based on their individualized needs. Upon discharge, the patient and their primary care provider receive a discharge summary and other helpful information.

You will be working with:

- A Doctor
- Rehabilitation Nurses (RN)
- Physical Therapist (PT)
- Occupational Therapist (OT)
- Social Worker/Case Manager (SW/CM)
- Other specialized rehabilitation professionals

What is a typical day like?

- You will be busy!
- You will be out of bed and involved in therapies, meals and other activities as much as possible every day.
- In 2018, patients with an orthopaedic condition received an average of 3 hours of therapy (PT, OT) a day for a minimum of 5 days per week.
- Most patients participate in group and individual therapy.
- You will receive a schedule each morning.

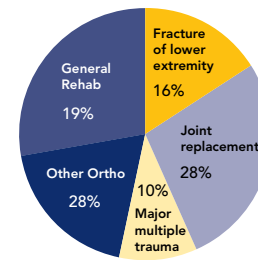
Where will I have therapy?

- Therapy atrium near your room
- Independence Square
- Victory Garden
- In your room
- In a clinician's office

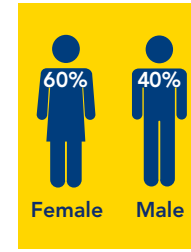
A Year in Review

We cared for 440 patients with an orthopaedic or general rehab condition in 2018. What did our patients look like?

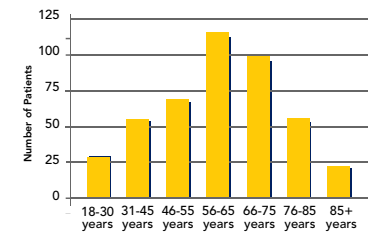
Type of Orthopaedic Condition



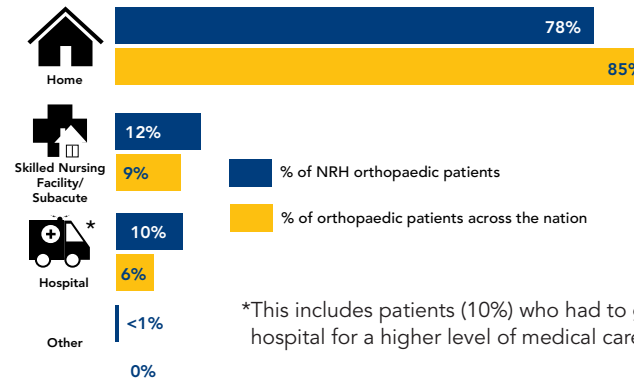
Patient Gender



Patient Age

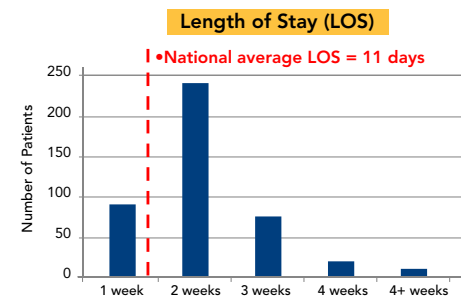


Where did our patients go after MedStar NRH?



*This includes patients (10%) who had to go back to an acute care hospital for a higher level of medical care.

How long did patients stay at MedStar NRH?



You are the most important member of your team!

